**Lungeing for Training and Teaching**

Keep in mind:

* same goals and exercises as when you ride – Training Pyramid
1. *Rhythm* – consistent tempo
2. *Relaxation* – mental & physical, positive energy
3. *Connection* – reaches for bit from behind, elastic, different than contact
4. *Impulsion* – thrust, engagement
5. *Straightness* – even on both sides of body, hind feet follow front feet
6. *Collection* – center of mass moves back
* treat the line like you would reins
	+ no twists
	+ *keep contact*
* keep still in the center (don’t let the horse pull you around)
* body language and voice

What to look for:

* rhythm and relaxation – Training Pyramid
* flexion of the inside hock (looks like a bicycle)
* longer strides, tracking up
* stretching into bridle/side reins
* raising the back, lowering head and neck
* topline muscles bulging

Ways to activate your horse:

* trot poles (raised or on the ground) on a spiral (canter poles are very difficult and require *a lot* of balance)
	+ trot: spaced about 4’6” apart in the center for horses
	+ canter: spaced about 9-10’ apart in the center for horses
* transitions
* spiral in and out – keep same trot or canter on big and little circles
* lengthen and shorten (difficult to do w/o running) – usually easier at canter
* parallel lungeing (better use of the whip)

Exercises for riders on the lunge: *only works if they actually put effort in*

* no reins (almost always, you can use a grab strap)
* no stirrups (almost always; balance, strength)
* stretches (flexibility, warm-up muscles, coordination)
* upper body twists (separate body parts)
* bicycles knees (loosen gripping knees)
* ankle circles (loosen ankles)
* shoulder circles (sit up straighter)
* leg swings (open hip)
* airplane arms (open chest, balance w/o reins)
* post ahead of, w/, and behind the motion (learn how it feels)
* take thighs off saddle (open hip angle)
* hands on shoulders and then down into position (open chest)